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GENESIS RODRIGUEZ CAN BUILD YOU A ROBOT. PAGE 16

metr

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PAGE 17

'Somebody' might like Miranda July's app

PAGES 18-19

Sunshine drives some people to suicide?

PAGE 20

Defenses have no answer for Sproles

PAGE 24

Top suspect named in murder of woman, baby

Crime. Police are looking for 26-year-old Devon Guisherd, possibly living in Frankford, for the double murder of Megan Doto and her newborn daughter. Police say he fired 10 rounds at a car when a stray bullet hit Doto. PAGE 04

COMMUNITY. CLIMATE CHANGE BATTLE HEATS UP

PAGE 02

Environmentalists were in Center City on Tuesday, gearing up for Sunday's People's Climate March in NYC, touted to be the largest climate protest in history. / CHARLES MOSTOLLER, METRO

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1 NEWS

Top 3

What's trending online at Metro.us

1 'Broncos fans want to ban NFL on CBS announcer Phil Simms'

2 'PHOTOS: Hilarious Amazon reviews of Surge soda'

3 'VIDEO: Drunk couple falls into stands while kissing at LSU's Tiger Stadium'

Local tweet

"Eagles haven't played their 'A' game yet and still 2-0 ... that's scary NFC"

Hop on the bandwagon now, swaggy @3kai_.

'People's Climate March' aims to change future

Philadelphia. Environmentalists are planning to bring a crowd 3,000 strong to the U.N. on Sunday seeking action on climate change.

Hundreds on Tuesday protest government inaction on climate change. / CHARLES MOSTOLLER, METRO

More than 100 activists from a diverse array of groups gathered outside City Hall Tuesday to announce they will represent Philadelphia at an event some compared to the 1963 civil rights March on Washington: the People's Climate Change March.

"Climate and climate justice arguably are the most important issues of our time and it affects every aspect our lives," said Community College of Philadelphia professor Margaret Stevens, who attended the rally with students from her environmental science class.

"It's time to take action. We have the science, we have the data, it's not a debate. Science doesn't lie," she said. "If there was an invasion, or a biological threat, something on the scale of the ebola crisis, we would take action. But climate change is slower ... people tend to forget and focus on their day-to-day lives."

The goal of the Climate Change March is to change that.

The Sept. 21 march outside the United Nations in New York City will draw activists from across the nation to demonstrate for action from world leaders gathered for the 2014 U.N. Climate Summit.

"People may have suffered from environmental consequences, but maybe haven't been involved," said Peggy Hartzell, 70, a Sierra Club and 350 Philly member. "My message is, just say to no fossil fuels. We can burn wood, and use solar and wind energy."

Grace Kennedy, 20, a student at Pennsylvania Academy of the Fine Arts, said she will go to the march to seek inspiration for her work.

"If we started treating ourselves and other people better, we would treat the world better," Kennedy said.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Visit **Metro.us** for more with environmentalists who will march.

Quoted

"Don't leave your energy in New York City. Bring it home to Philadelphia with you and come back re-energized and committed to working on solutions here."

Mayor Michael Nutter, in a letter to the activists

Crude oil fears

Sierra Club seeks safer tanker cars

The Sierra Club filed a lawsuit last week against the U.S. Department of Transportation for not responding to its July petition demanding the government intercede to halt the usage of DOT-111 tanker cars to transport crude oil.

The DOT-111 cars, which were transporting crude through Philly on Jan. 20 when a partial derailment occurred over the Schuylkill River, have been criticized as "inadequate" for transporting materials like crude by the National Transportation and Safety Bureau.

At Tuesday's rally, protesters demanded that crude oil shipments through Philadelphia end entirely.

The derailed CSX train-car / CHARLES MOSTOLLER, METRO

USA. Enterovirus that has afflicted hundreds in Midwest hits Philly; four cases reported

The Children's Hospital of Philadelphia (CHOP) reported Tuesday that four children tested positive for enterovirus-68 (or EV-68), a strain of illness that has been spreading through the nation recently.

"The virus people have been talking about, EV-68, is circulating in the Philadelphia region," confirmed Dr. Susan Coffin, of CHOP's Infectious Disease Department. "It does not appear to be different or more serious than other respiratory infections."

In Kansas City alone, 300 children caught the virus, reports say, and other midwestern states have seen spikes of infection as well. (See page 8.)

"I really don't know of any data to suggest that it's more contagious than any other virus," Coffin said. "Here in Philadelphia, we know this virus has been in circulation in past years; it's not actually a new virus. On the spectrum of illnesses, it is not distinct from other respiratory viruses."

The Philly kids who had EV-68 all recovered within four to six days, Coffin said. SAM NEWHOUSE

Staying healthy

Dr. Coffin said these easy steps can help prevent enterovirus-68.

- Frequent hand washing
- Disposing of dirty tissues
- Covering your mouth when you cough or sneeze
- Stay home if you are ill.

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Police release name, photo of suspected mother, baby killer

Frankford. Police issued an arrest warrant for 26-year-old Devon Guisherd.

Police on Tuesday released the name and photo of the man suspected of killing a pregnant mother and her baby.

An arrest warrant was issued for Devon Guisherd, 26, according to police.

Guisherd, who is considered armed and dangerous, is described as a 5-foot-9 black male who weighs approximately 150 pounds. His last known address is 4700 N Penn Street.

Police ask that anyone who knows his whereabouts contact police at 215-686-3068.

On Monday, police said the death of 25-year-old Megan Doto and her newborn baby girl had been ruled a double homicide and offered a $40,000 reward — $20,000 each — for the arrest and conviction of their killer.

Doto, who was eight-months pregnant, died Sunday after she was hit in the face by a stray bullet while sitting on her front porch on the 1500 block of Adams Avenue in Frankford.

Police said the bullet drifted from a shooting at the top of the block, in which Guisherd allegedly fired at least 10 rounds at a four-door, white vehicle.

Devon Guisherd / PPD

Doctors performed an emergency C-section, and successfully delivered the baby girl, but she died shortly after.

TOMMY ROWAN
@tommyrowan
tommy.rowan@metro.us

Get a free scoop of Chunky Monkey

Brit Priselac, left, and owner Katie Bertelsen, serve up free ice cream at the new Ben & Jerry's location at 1726 Sansom St. in Rittenhouse Square on Tuesday. The free giveaways continue today from 11 a.m. to 1 p.m. and again from 5 to 7 p.m. / CHARLES MOSTOLLER, METRO

University City

Officer arrested on charges of theft

A Philadelphia police officer has been suspended after reportedly throwing a cellphone a person was using to call 911 after the two were involved in a fender-bender.

Tayon Moore, 31, a seven-year veteran, is charged with theft and criminal mischief for a June incident, authorities announced on Tuesday.

Moore allegedly left the scene after the accident took place but pulled over four blocks later. The two were exchanging information when Moore threw the phone over a bridge. METRO

Northeast

Mall gets new name

After 25 years, the largest mall in the city has a new name. Simon Property Group, which owns Franklin Mills on Woodhaven Road, renamed the 1.8 million-square-foot complex "Philadelphia Mills." METRO

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Bucks County

Cops: Teacher slept with student, 14

Bridgett Szychulski, a former band teacher at Lenape Middle School in Doylestown, was arrested Tuesday on charges of having a sexual relationship with a 14-year-old male student.

Szychulski, who is currently expecting a child, allegedly had the sexual relationship with the student in 2012.

She is charged with involuntary deviate sexual intercourse, statutory sexual assault, aggravated indecent assault and indecent assault. METRO

SZYCHULSKI

Rosa Blanca Cafe is now open for business

Tuesday was the grand opening of Chef Jose Garces' Rosa Blanca Cafe in Dilworth Park. The cafe features house-made pastries, sandwiches, salads, and empanadas. They also serve different coffees and specialty drinks. It's open daily from 7 a.m. to 8 p.m. on weekdays and 9 a.m. to 3 p.m. on weekends.

CHARLES MOSTOLLER, METRO

Northeast. Dad kills daughter's boyfriend inside her bedroom

A Northeast Philadelphia father killed a man he found in his 20-year-old daughter's bedroom.

The victim, police said, turned out to be the woman's 32-year-old boyfriend.

The 41-year-old father caught a glimpse of the man at his daughter's bedside inside their apartment, on the 2700 block of Axe Factory Road, just before midnight on Monday, according to Officer Christine O'Brien, a police spokeswoman.

Police said the father, who may not have been aware that the suspected intruder was his daughter's boyfriend, pulled out a gun and charged into the room.

The father pointed his weapon at the suspected intruder and ordered him to lay facedown on the floor and he started to dial 911.

The boyfriend moved, and the father fired.

The 32-year-old man died shortly afterward at the Torresdale Aria Health hospital at Red Lion and Knights roads, police said.

Homicide detectives are investigating the incident, and have taken the father into custody.

No charges had been filed as of press time.

TOMMY ROWAN

Investigation

- Homicide detectives are interviewing neighbors and collecting evidence, O'Brien said.
- Police aren't sure whether the daughter made the father aware at any time during the struggle that the suspected intruder was her boyfriend.

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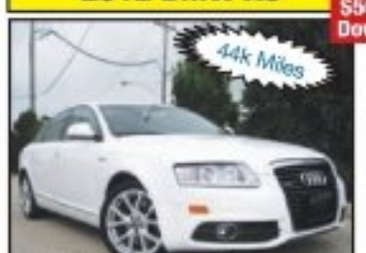

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CDC

Children's respiratory illness spreads to a dozen states

A serious respiratory illness sickening U.S. children has spread to 12 states, the Centers for Disease Control and Prevention said on Tuesday, as it predicted that more states will report cases in coming weeks.

The growing list of states with confirmed cases now includes Alabama, Colorado, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Missouri, New York, Oklahoma and Pennsylvania, the CDC said.

Known as enterovirus-68, the somewhat rare virus can cause symptoms ranging from mild fevers to difficulty breathing and wheezing severe enough to require hospitalization.

Since mid-August, the CDC has received reports of 130 people with confirmed cases of the virus. There is no vaccine, and infants, children and teenagers are the greatest risk.

Many of the children who became very ill in Missouri and Illinois, where early outbreaks were seen, had asthma or a history of wheezing, said the CDC, which is working with state health officials to better understand infection trends. REUTERS

Children's Hospital Colorado is seeing high numbers of respiratory illnesses. / GETTY IMAGES

US pledges 3,000 troops to fight Ebola

Outbreak. U.N. officials issued stern warnings of the scale of the task ahead.

Guinea's Red Cross health workers wearing protective suits carry the body of a victim of the Ebola virus at the NGO Medecin sans frontieres Ebola treatment center near the hospital Donka in Conakry. / GETTY IMAGES

President Barack Obama will send 3,000 troops to West Africa to build treatment clinics and train health workers to try to halt the spread of the deadly Ebola virus, he said Tuesday, as the U.S. widens its response to the crisis.

The U.S. plan, a dramatic increase from Washington's initial response last week, won praise from aid workers and officials in the region. But health experts said it was still not enough to contain the epidemic, which is quickly growing.

U.S. officials said the focus of the military deployment would be Liberia, the hardest hit of the countries affected by the crisis.

Death toll

2,461

The death toll from the fever, which spreads rapidly, causes uncontrolled bleeding and fever and typically kills more than half of its victims, has doubled in the past month to 2,461, mostly in three countries in West Africa.

The worst Ebola outbreak since the disease was identified in 1976 has already killed nearly 2,500 people and is likely to spread.

A senior official with the World Health Organization said the outbreak requires a much faster response to contain its spread to tens of thousands of cases.

Obama's plan calls for sending the 3,000 troops, including engineers and medical personnel, to build 17 treatment centers with 100 beds each, train thousands of health care workers and establish a military center to control the relief effort. REUTERS

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Head of NSA on tech-savvy Islamic State: 'I'm watching'

Security. The U.S. Cyber Command hopes to have 6,200 cyber employees by 2016, officials said.

Michael Rogers / GETTY IMAGES

While U.S. military leaders appeared before Congress to outline their strategy to fight Islamic State militants on the battlefield, the National Security Agency chief said on Tuesday he was watching the media-savvy group's cyber capabilities.

Asked whether the Sunni Muslim group was planning cyber attacks on U.S. interests, Admiral Mike Rogers said he could not discuss specifics of the organization's technical capabilities.

Islamic State, which controls large swaths of Iraq and Syria, has posted carefully choreographed beheading videos online, trumpeted its violent acts on Twitter and used social media to recruit foreign Islamists to the fight.

"Its public messaging and social media is as slick and as effective as any I've ever seen from a terrorist organization," Homeland Security Secretary Jeh Johnson told the Council on Foreign Relations in New York last week.

The group's capabilities beyond using YouTube and Facebook are less clear.

Cybersecurity expert James Lewis of the Center for Strategic and International Studies said he does not think Islamic State poses any immediate cyber threat to American interests. REUTERS

Quoted

"We need to assume that there will be a cyber dimension increasingly in almost any scenario that we're dealing with."

Rogers said at a cybersecurity conference in Washington

Kabul

Car bomber kills two US troops in Afghan capital

A suicide car bomber killed two U.S. troops and a Polish soldier in an attack on a convoy near the U.S. embassy in Kabul on Tuesday, the NATO-led coalition said, one of the worst attacks on international forces in the Afghan capital in months.

Soldiers investigate wreckages of burned oil tankers. / GETTY IMAGES

The attack near the heavily fortified embassy wounded 13 Afghan civilians nearby. It came amid a months-long political stalemate and an emboldened insurgency, with a presidential election still unresolved as most foreign combat troops prepare to leave by the end of the year.

Two of the three killed were American military personnel. REUTERS

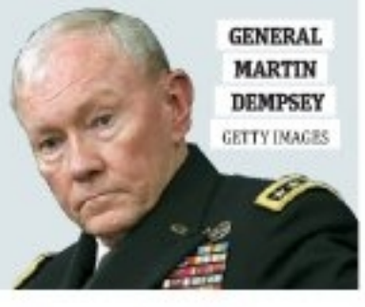
Syria

US says no 'shock and awe' in Syria

The United States is not preparing to unleash a "shock and awe" campaign of overwhelming airstrikes in Syria against Islamic State fighters and instead envisions a more modest, longer-term campaign, Pentagon officials told Congress on Tuesday.

Defense Secretary Chuck Hagel said the military's current plan would be outlined to President Barack Obama today by the U.S. military's Central Command and envisioned striking the group's safe havens to knock out infrastructure, logistics and command capabilities.

General Martin Dempsey, the top U.S. military officer, said the strikes would degrade the group's capabilities there as broader efforts get underway, including training of Syrian fighters in Saudi Arabia. REUTERS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Livestock. Lawmakers want to curb antibiotic use on farm animals

Two U.S. lawmakers are calling for action to rein in antibiotic use in livestock in response to a Reuters investigation showing how top U.S. poultry firms have been administering drugs to their flocks.

U.S. Sen. Kirsten Gillibrand, (D-NY), said she plans to introduce new legislation authorizing the Food and Drug Administration to collect data on "farm-level antibiotic use." The pledge was part of a letter Gillibrand sent Tuesday to FDA Commissioner Margaret Hamburg. In the letter, Gillibrand said that "the scale of injudicious use" of antibiotics in poultry production documented by Reuters "was staggering."

Rep. Louise Slaughter, (D-NY), urged fellow lawmakers to address the issue at a hearing on antibiotic resistance scheduled Friday before the House Energy and Commerce Committee's subcommittee on health. REUTERS

Reuters reviewed documents that show antibiotics were given as standard practice over most of the life of the chickens, not just when the birds are sick. / GETTY IMAGES

Grand jury term extended as it hears Ferguson evidence

Tamika Staton leaves a message at a memorial in the middle of the road where Michael Brown died. / GETTY IMAGES

Shooting. Accounts of the altercation between Wilson and Brown differ.

The St. Louis grand jury hearing evidence in the case of the white police officer who fatally shot unarmed black teenager Michael Brown has been given an extra four months to weigh possible criminal charges against the officer, officials said on Tuesday.

The prosecutor's office still hopes to conclude its presentation of evidence to the grand jury in October but now has until Jan. 7 to do, said Edward Magee, a spokesman for St. Louis County Prosecutor Bob McCulloch.

Under Missouri law, grand juries can be empaneled up to six months but typically are held for four months. The current grand jury sitting in St. Louis County was due to disband Sept. 10, but at the request of the prosecutor's office, St. Louis County Judge Carolyn Whittington has approved holding the jury for the full six months. She then added 60 days to the jury's term, said Paul Fox, the county's director of judicial administration. REUTERS

Shots

6

An autopsy showed the teenager was shot at least six times, including twice in the head.

Quoted

"This is not a typical case." Fox

Wilson not charged

Brown's family, protesters and civil rights leaders have demanded that Wilson be charged with a crime.

- They say there is enough evidence for McCulloch to file charges directly without the use of a grand jury.
- They have demanded that he be replaced with a special prosecutor.

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Nexium 40mg	90	$ 99.99	Benicar 40mg	90	$ 104.99
Crestor 10mg	90	$ 119.99	Singulair 10mg	100	$ 86.99
Colchicine 0.6mg	100	$ 79.99	Namenda 10mg	100	$ 104.99
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Pristiq 50mg	100	$ 124.99	Aricept 10mg	84	$ 28.99
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Prostate Health Assessment Event

The Sidney Kimmel Cancer Center at Thomas Jefferson University and Prostate Health International's Gary Papa Run are offering free prostate screenings as part of a research program. Prostate cancer is the second leading cause of cancer death among men. Screening is important because prostate cancer shows no symptoms in its earliest stages.

Many organizations recommend prostate health assessment as part of men's healthcare.

Free screenings, including a blood test for prostate specific antigen (PSA), testosterone and cholesterol and a digital rectal exam, will take place at the following two locations:

- Wednesday, September 17, 2014, 9 a.m. to 3 p.m., at the Sidney Kimmel Cancer Center – Bodine Building, 111 South 11th Street, Center City
- Friday, October 3, 2014, 9 a.m. to 3 p.m., at Jefferson at the Navy Yard – 3 Crescent Drive, Suite 100, South Philadelphia

Registration is required. To register for your free screenings, or for more information, call **1-800-JEFF-NOW.**

Sidney Kimmel Cancer Center at Thomas Jefferson University

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Jefferson.edu/Prostate

Pet saved. Australian goldfish surgery goes 'swimmingly well'

George is expected to live another 20 years. / GETTY IMAGES

A pet goldfish named George was recovering "swimmingly well" after emergency surgery to remove a life-threatening head tumor, a veterinarian at an Australian animal hospital said.

Veterinarian Tristan Rich said 10-year-old George was unable to eat or swim properly and was starting to "really suffer," which tipped the scales on the decision to operate.

George, the beloved pet of an unidentified woman who had become "quite attached" to her fishy friend, was sedated in a bucket of water laced with anaesthetic.

Rich then used a gelatine sponge to control bleeding during the piscatorial procedure. REUTERS

Quoted

"It's a very fiddly procedure, and you have to be very careful about blood loss."

Rich of the Lort Smith Animal Hospital in southern city of Melbourne, told Australian media

Thirsty

Soccer player shocked after fans urinate in his water

A Swiss goalkeeper has threatened legal action after fans of a rival lower league team urinated in his water bottle and then taunted him when, unaware, he took a sip during the match.

FC Muri goalkeeper Reto Felder said he felt sick after tasting the warm contents of the bottle, which he had left near the goalpost during the third tier game at FC Baden near Zurich.

"The idea of drinking piss is simply intolerable," the Aargauer Zeitung website quoted Felder as saying, adding that he was waiting for an analysis of video evidence before considering whether to take action. REUTERS

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2 CULTURE

Twitter feed

Today, Rihanna is not happy, Justin Bieber is celebrating small victories and Tyra Banks wants you to be more mysterious.

@Rihanna: CBS you pulled my song last week, now you wanna slide it back in this Thursday? NO, F— you! Y'all are sad for penalizing me for this. The audacity...

@justinbieber: Great photo shoot today

@tyrabanks: TyTy tip: You can keep it sexy and still keep your clothes on! Fierceness comes from within ;-)

THE WORD

Ned Ehrbar takes on the world of gossip.

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@Nedrick
ned.ehrbar@metro.us

With or without U2 on your iTunes

If you were one of the millions of iTunes users less than thrilled to wake up last week to find a brand-new U2 album you never ordered sitting in your library, fear not. In the wake of a massive amount of complaints about the album being automatically downloaded to users' devices without permission, Apple has released a tool to help remove the 11-track "Songs of Innocence" album.

"Some customers asked for the ability to delete 'Songs of Innocence' from their library, so we set up [a tool] to let them easily do so," said an Apple spokesman who is apparently a big fan of putting things mildly, considering the tone of many of the online responses to the album's sudden appearance. And in the silliest of warnings, Apple advised that once removed, the album will no longer be available to re-download as a previous purchase.

At the iPhone 6 announcement last week, U2 announced that the album would be "made available" to iTunes users for free, which is slightly different than "added to your library without your permission in a manner that makes it very hard to remove." But then Bono was never great on details. "The most personal album we've written could be shared with half a billion people by hitting send," Bono said at the launch.

Does iTunes + U2 = uTunes? Not really, as many of you said you didn't want U2 on your iTunes. / ALL PHOTOS GETTY IMAGES

Minaj dissed by alma mater?

Nicki Minaj (Fiorello H. LaGuardia High School class of 2000) was looking forward to visiting her alma mater and meeting with current students, but the school said no thanks — a slight Minaj took personally. "No need for me to inspire them, I guess," Minaj tweeted. "I guess I'm not good enough." But before we get this pity party started, school officials say Minaj is leaving out one key detail. "The fact is that Ms. Minaj was told by the NYC Department of Education that she would not be allowed to enter the school with a television crew," a letter sent by the school to parents reads.

Mendes gives birth

"Hey girl." We like to imagine those words as the first ones the newborn daughter of Eva Mendes and Ryan Gosling heard her dad say. The couple reportedly welcomed a daughter last Friday, according to Us Weekly. The super-private pair managed to keep out of the public eye for much of the pregnancy, only confirming the impending birth two months ago. Gosling and Mendes began dating in 2011 after meeting on the set of "The Place Beyond the Pines."

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PHASHION TURNS 21, A 'JACKASS' TIES THE KNOT

BOLDFACE

A.D. AMOROSI

A.D. Amorosi is a journalist covering arts, entertainment and food news and gossip. He can be reached at divaland@aol.com.

Turning 21 is a big deal, especially when it's an institution like **Sharon Phillips Waxman's Phashion Phest**. Tonight, **The Shops at Liberty Place** get "draped out to create a lounge atmosphere in keeping with the 'Dress Responsibly' theme and a nod to being 21," says Waxman. Joining the party are **Skinnygirl**, **Smak Parlour**, **Black Label Salon**, **ellelauri**, **Irina Sigal**, **LAGOS**, **Verde** and tons of local fashionistas.

Now that **Avance** is safe at **Le Bec Fin's** former location, with its woes settled by previous landlord **Georges Perrier**, co-owner/chef **Justin Bogle** can start a new menu and a new general manager: **Anthony Cozzi** is coming over from **Fuze** in Avalon, New Jersey.

Sheinelle Jones wasn't unemployed long. **Mike Jerrick's** "Good Day Philadelphia" co-host left Fox Philly in March for the best reason: To spend time with her kids. Now she has a new job as weekend news person on NBC's "Today," starting Oct. 4.

That's also the day **Brandon DiCamillo** of West Chester, one of the stars, writers and stunt conceptualists of MTV's **'Jackass'** series and multi-million-dollar-earning films (plus **Bam Margera's** "Viva La Bam"), gets married to **Bonnie MacNeill** in Malvern. Congrats.

Singer-songwriter Ed Sheeran showed off his Philadelphia Union jersey before his sold-out show at the Wells Fargo Center. / IKE RICHMAN

Seen on the scene

DAVID LYNCH
PICASA

- **David Lynch** made quite a few local appearances during his visit for PAFA's new retrospective of his work. He dined Thursday at Girasole on Broad and Pine and made a last-minute stop at PhilaMOCA on N. 12th St., home of the "Eraserhead" mural. "I've had quite a bit of donuts," said Lynch when asked about dining in Philly. Federal Donuts made Lynch-inspired sweets in honor of the occasion, including Blue Velvet and Good Coffee.

- After his DJ set at Morgan's Pier, ex-LCD Soundsystem frontman **James Murphy** visited Pub & Kitchen for a late bite.

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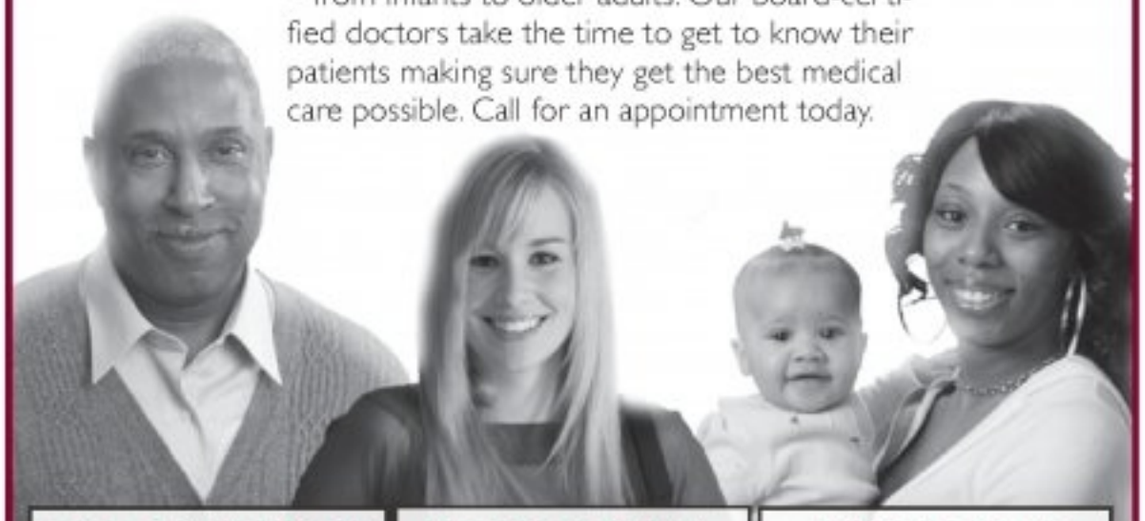

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A Clean break

Clean Bandit play Friday at Underground Arts (1200 Callowhill St.). / PROVIDED

Onstage. For the Cambridge University grads Clean Bandit, it's all porn parties and DIY videos.

Clean Bandit may identify themselves as an electronic chamber music quartet, but these Brits who gave us the infectious single, "New Eyes," aren't as stodgy as their genre of choice might imply.

"We all shout some Spice Girl lyrics before we go onstage," says violin player Milan Neil Amin-Smith, during a chat backstage at Latitude festival in Suffolk, England.

These University of Cambridge graduates — Grace Chatto (cello and vocals), brothers Jack (bass guitar and keyboard) and Luke Patterson (drums) and Amin-Smith — aren't exactly ones for convention. Their music, which is a mix of Disclosure-style house and garage with classical flourishes of orchestral strings, might sound as opinion-dividing as chilli chocolate, but it's in fact proving to be a floor-filler.

So apparently you met porn star Ron Jeremy recently in the U.S. What kind of parties are you attending these days?
I have to be honest with you and say I'm the only one who went to bed before we met him. But it came about because Grace peeled off from the group and went to a nightclub on her own in L.A. I don't know what took her, but she's quite headstrong.

Is she the party person of the band?
Not particularly, but she's by far the bravest and by far the most confident. She ended up getting invited to some party at an amazing Beverley Hills mansion, so she rang everyone else [in the band] and partied with Ron Jeremy.

Would you do a backing track for one of his movies?
[Laughs] Maybe.

Speaking of making movies, Clean Bandit produces their own dangerous DIY music videos. Any close calls?
Yeah, because we do them ourselves there aren't any health and safety regulations involved in the way that there might be if it were done professionally. One of our friends built a wooden plank on top of his car and then Grace and I stood on it and played our instruments for the "Telephone Banking" video. ... And yes, I did knock into a tree.

RICHARD PECKETT
@metroPhilly
richard.peckett@metro.lu

Bonus question

What's the worst thing you've ever read about yourself?

Someone said that I looked like a socially awkward school nerd who had been dragged backwards through an Urban Outfitters sale. It took a lot of thought, I guess.

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The Weekly Yelp. Your favorite smothered waffles in Philly

Listen, these aren't your momma's waffles. No longer is sprinkling a little powdered sugar or adding fruit considered radical waffle behavior. Whether they're covered in ice cream, duck or fried chicken, these dishes mean business. So leggo that Eggo and give these waffles a try!

This Yelper's friend seems to really be enjoying digging into his waffles at Rose Petals. / HANNAH S., YELP

Foolish Waffles

Mobile truck, location varies
They used Brussels waffle bread to sandwich two scrambled eggs, habanero cheddar and savory bacon with maple syrup drizzled on top. But Foolish doesn't just stop at breakfast! ... They even take it up a notch with offerings like a pork belly bánh mi waffle! **BILL M.**

Rose Petals Cafe and Lounge

322 W. Chelten Ave., Germantown
The food was amazing and all prepared fresh. My boyfriend got the chicken and waffles and I got the berry waffles. ... The berry compote had clearly been made from fresh berries and was amazing, tart and just a little sweet. **SARAH W.**

Carina Tea and Waffles

3701 Chestnut St., University City
Finally came here to try the honey macha waffles

everyone was talking about. It was really delicious and met all my expectations. ... The waffles were crispy, chewy and delicious. The combination of strawberries, cookies, green tea and waffles was great. **SUSANNA L.**

The only thing foolish about Foolish Waffles is you not eating them!
BALLERINACAKE S., YELP

Chhaya Cafe

1823 E. Passyunk Ave., East Passyunk
I ordered the cornbread waffle covered in veggie chili, cheddar and a fried egg. What a delicious vegetarian combo! The egg was fried perfectly and the portion was very filling.
NATALEE F.

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ENERGY STAR

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Genesis Rodriguez is also a tech nerd

Interview. The actress, in Kevin Smith's "Tusk," was once on an all-girl BattleBots team.

Geeks of the world, you're about to fall in love with Genesis Rodriguez. There's no point in resisting. The actress, appearing in Kevin Smith's totally insane "Tusk" this week, used to be part of an all-girl BattleBots team. Her words, not ours.

"We were an all-girls robotics team. We looked like we were kick-ass, cool-ass girls who had ribbons in our hair but were like, 'We're going to kick your ass!'" Rodriguez says. "We did national competitions. We went to the Kennedy Space Center and to a convention in Oklahoma. I was involved with the pneumatics of the robot. I wasn't so much into getting the precise degree and cuts of angles and things; I was a welder."

Yes, welding. In fact, Rodriguez thinks women have the edge when it comes to that particular trade. "Girls make better welders than men because we take our time with our tacks and welds. We're detailed and we make it look pretty," she says with a laugh. "It's fun. Just the smell of it is just … I love the oil. The light, it's hypnotizing. You could be there all day just looking at it. It's kind of cool. But yeah, building robots was super-awesome."

Rodriguez acknowledges that when people first look at her, they might not immediately think "welding" and "robots," but that's their loss. "It's not something that you'd expect, but it was just a fun time," she says.

So what was it her kick-ass team created, exactly? "Basically, it was a really tough robot, a crocodile," she explains. "It was built at an angle, so it would come under you and just chomp you down into pieces and break you down. So even if you're a bigger robot in size, it could just scoop you out from under it — trip it and kill it."

Genesis Rodriguez (with Haley Joel Osment) stars in "Tusk," out Friday. / A24

Fightin' words

Don't go in the water

And if robots aren't enough for you, she's also an avid "Shark Week" aficionado — something that helped her build more appreciation for the massive beast at the center of "Tusk," the walrus. "I was watching 'Shark Week' this last time, and I realized that sharks do not mess with walruses. They don't," she says. "They have weapons, and they're just stronger. They could take down a shark. Also, octopi. They flip a wing of the shark, and once you flip a shark and put it upside down, that's it. They're immobilized. Sharks are so bad, [but] you just flip them over [or] punch them in the nose."

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Living. The Chief Design Junkie at TerraCycle tells us the right way to upcycle and shares an easy furniture project.

Take DIY decor to the next level

As seen on TV

'Human Resources'

TerraCycle is a "waste management company that does really cool things with garbage," Threadgould says. "We focus on hard-to-recycle materials that don't typically have existing recycling facilities."

The company works with major brands in 23 countries, recycling everything from packaging to cigarette butts.

See Threadgould and the TerraCycle crew in the docu-comedy "Human Resources," Fridays at 10 p.m. on Pivot.

Tiffany Threadgould carts around her dog in one of TerraCycle's vintage Postal Service bags. / CHRIS CRANE

TerraCycle's Trenton office shows how fun decorating with trash can be. CHRIS CRANE

Tiffany Threadgould lives a DIY life. The Chief Design Junkie at TerraCycle, an international waste management company headquartered in Trenton, New Jersey, grew up recycling. So when it came time to furnish her post-college NYC apartment, upcycling was a natural next step. "I was just taking cast-offs from the street and making things from found objects," Threadgould says. "It wasn't really environmental — it was more about cost."

She carried the same philosophy into her job at TerraCycle and the home she later bought in Philadelphia, which she shares with an upcycled pet, rescue dog Tia. But you don't have to get overwhelmed with "a ton of visual clutter" to incorporate the upcycled look into your home, Threadgould promises.

"The design is most successful when you first see what it is now," she says. "If you have a table made from a door, it should be seen as a table. And then you can have that 'Aha!' moment of 'Oh, that used to be a door!'"

RACHEL VIGODA
@rachelatmetro
rachel.vigoda@metro.us

Project. Turn a door into a one-of-a-kind kitchen table

Time: 2 hours (plus drying time)
Cost: $14–$75

1 Choose your door. The best way to find an old door is by asking neighbors or friends or even looking in your own basement. Paint it and let it dry. If you're using acrylic house paint, then coat with a layer of shellac after the paint is dry.

2 Attach the table legs to the four corners on the bottom side of the door. If you're using a hollow door, make sure the legs come to the edge to ensure that the screws are fully secured.

Visit **Metro.us** for step-by-step illustrations of the assembly process.

3 Flip your table over. Add glass, if you'd like. If you have beveled panels, measure the panels and subtract a quarter-inch from your measurements. Get your glass cut at your local hardware or framing store or online. If the bevel is more than a quarter-inch, use rubber spacers to make the glass flush with the rest of the table surface. You can also cover the entire door, if you'd like; just be extremely careful of sharp edges.

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What you'll need

Materials

- Old door
- Four table legs, such as Adils from Ikea
- ¼-inch glass (optional)
- Rubber spacers (optional)

Tools

- Paint
- Paintbrush or roller
- Shellac
- Drill

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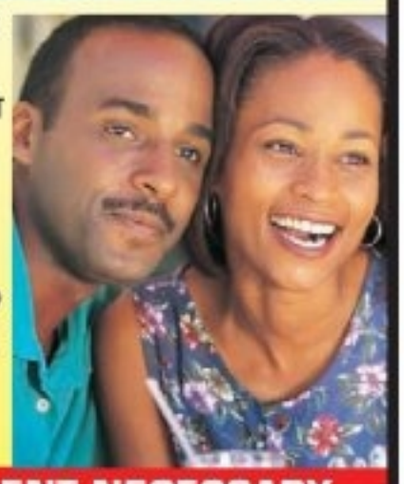
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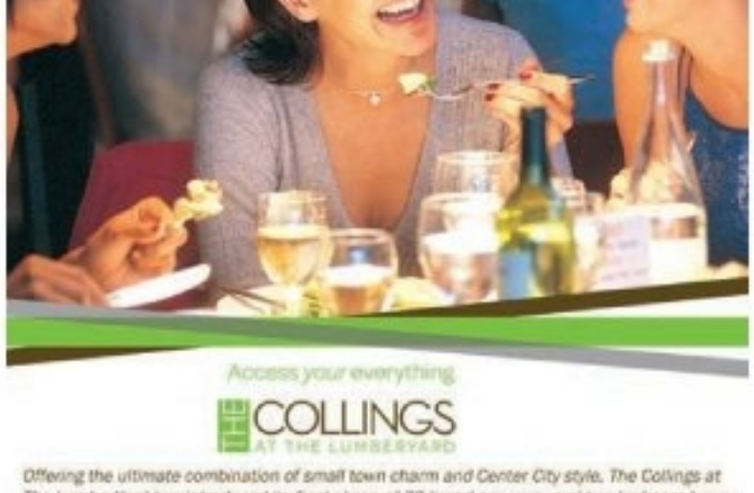
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MIRANDA JULY'S APP WANTS US TO ACTUALLY TALK TO STRANGERS

'Somebody'

Platform(s): iOS
Price: Free

Somebody using Miranda July's new app, "Somebody," needs a total stranger to go up to a friend nearby who needs a high five. This reporter has agreed to do it. The Financial District gets impossibly crowded with tourists, but we awkwardly approach someone we've never met, tell her we're from Miranda July's app, give her a high five and run away as soon and as weirdly as possible.

We are not against Miranda July. We even like her films, not because of their whimsy (which can reach toxic levels) but because they're actually quite dark. (The bleak end of "The Future" is even reminiscent of the gutting final shot of "The Third Man.") In her best work, there's a fascinating war going on between the cutesy and the painfully realistic that makes her impossible to write off as an annoying goof.

MIRANDA JULY HAS BROADENED WHATEVER IT IS SHE DOES TO THE APP WORLD. /GETTY IMAGES

We can even somewhat applaud "Somebody," even if it sounds like a parody of July — perhaps an item in The Onion's famous "Miranda July Called Before Congress to Explain Exactly What Her Whole Thing Is." It's a texting app and it isn't: Participants send a message to a friend, but instead of it being delivered virtually, it's delivered by a complete stranger, who saw you had a message to send and agreed to pass it on in person.

Why? Because July thinks we don't talk to strangers in-person anymore. That's true, because strangers are terrible. Her candy-colored app, with its messages written in puffy clouds, wisely puts a limit on this: Only fellow "Somebody" users can send or deliver "Somebody" messages, which makes it somewhat less awkward when someone runs up to you and hugs you.

Then again, it makes it harder to use. Right now very few people are signed up, so if, let's say — as happened to us — only one of your phone contacts is on

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A MESSAGING SERVICE BY MIRANDA JULY
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[ESKIMO KISSES]
Miranda July's app "Somebody" is predictably an eyesore.

the "Somebody" network and their location is not traceable, then nothing happens. (And surely our ancestors always envisioned we'd surrender our privacy for a Miranda July "art project.") And if they are there, it still means some stranger who has the app has to agree to pass the message. That's a lot of variables. Instead of a grim future where everyone's running around saying cute things and fist-bumping (one of the most frequently deployed actions among the app's messages), we're still presently keeping to ourselves.

App Appeal

MATT PRIGGE
matt.prigge@metro.us

DIY. Make a robot that goes in any direction

A robot that can move in any direction immediately is useful for getting around tight spaces and for chasing (or fleeing). Regular car-style robots can't drive sideways, but omniwheel robots can.

An omniwheel is a wheel with a tread made up of a bunch of little rollers. They're used commercially for things such as transfer tables on production lines, and this means they're cheap and reliable. In this project, you'll use them to build a Kiwi drive robot platform — a three-omniwheel vehicle that can travel in any direction.

Omniwheels can move at 90 degrees to their axis, so you can mount them facing different directions on your vehicle and use a bit of math to still go in a straight line. Like most things in engineering, there are some trade-offs, which is why we don't all drive omniwheel cars. They're slower, sensitive to dust, can handle less load — only a few pounds for the wheels we're using — and they're less efficient. But in tight spaces, they're the right choice and a lot of fun.

This robot isn't stuck on going back and forth or to the side.
MAKE ZINE

To see all the steps to make this robot, go to makezine.com.

—The 2014 World Maker Faire will be held at New York Hall of Science on Sept. 20-Sept. 21. Go to www.makerfaire.com for more info.

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Sunshine raises risk of suicide

Data analysis. Light, like some antidepressants, can lower impulse control.

Scientists have found a link between sunlight and suicide rates — but not in the way you'd expect.

As summer winds down, concern turns to seasonal affective disorder, in which too little sun can bring on depression. But data shows that it's in springtime, as days get longer again and sunshine returns, that the suicide rate peaks.

Studies on seasonal variations among suicides have been done for centuries, but the actual effect of sunshine has been unclear because new seasons bring temperature changes and other factors that may influence suicide risk, such as holidays.

When the sun is shining outside, it doesn't always mean that it's shining within./ GETTY IMAGES

What happens on sunny days

A team of scientists, led by Dr. Matthaeus Willeit from the University of Vienna, discovered a correlation: Suicide risk goes up with the amount of sunshine over a period of 10 days. However, it also decreases with increasing sun exposure between 14 to 60 days. Sunlight, they suggest, may increase the risk of suicide over a short period but actually protect against it over a longer period.

Lower impulse control

"Light has an influence on serotonin, and serotonin has an influence on mood and suicidality," Willeit says. Antidepressants that boost the body's levels of serotonin have been known to affect impulsivity first, then mood later on. That early effect on impulsivity may explain the increased suicide risk over a short period of time, and the delayed effect on mood may explain the lower risk over a longer time span.

Methodology

Three decades of data

Willeit and his team took a closer look at the role of sunshine by using information on 69,462 suicides that occurred in Austria between January 1970 and May 2010. That information was then matched to data collected from 86 weather stations that recorded the hours of sunshine per day.

Don't avoid the sun

People shouldn't keep out of the sun based on the study's findings, says Willeit. Instead, doctors should consider adding sunshine to the list of factors that may influence the risk of suicide. "Suicide is complicated and has many risk factors. People always tend to think of it in either biological or social terms, but there is no single cause. It's a bunch of risk factors that you have." REUTERS/EK

Quoted

"Suicide is complicated and has many risk factors. ... There is no single cause."

Dr. Matthaeus Willeit

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Doctor-patient ratio. Demand increasing on family physicians

Seeing a primary care physician is getting harder everywhere in the country, but a new analysis shows just how bad the problem has gotten in some of the largest cities.

Compiled by the physician recommendation service BetterDoctor.com, the data ranks Philadelphia 16th on the list of 25 cities with the fewest doctors, with 258 residents per primary care physician.

BetterDoctor.com focused on primary care physicians because, as the first line of defense for both sudden illnesses and ongoing support, they are in the highest demand and shortest supply. Primary care doctors were defined as family practitioners, general practitioners, internists or pediatricians. EVA KIS

Top 5

- New York (912)
- Los Angeles (531)
- San Antonio, Texas (531)
- Jacksonville, Fla. (447)
- Greensboro, N.C. (418)

Horoscope

♍ Virgo | Aug. 23-Sept. 22. Be willing to accommodate in order to become a mediator. Your vision will be practical.

♎ Libra | Sept. 23-Oct. 22. This is not a good time to enter into a joint venture. Relationships will suffer if you attempt to put together partnerships.

♏ Scorpio | Oct. 23-Nov. 21. Establish new professional or social partnerships. Your projects will take shape if you pay attention to detail, but you should not share your ideas.

♐ Sagittarius | Nov. 22-Dec. 21. If you are unsettled about money matters, get an assessment. It is your responsibility to provide for your future.

♑ Capricorn | Dec. 22-Jan. 20. You will be riding an emotional roller coaster today. Take some time for a short road trip to distract you from problems.

♒ Aquarius | Jan. 21-Feb. 18. You can't move ahead if you keep looking back. Inject some fresh ideas into your routine. Pursuits will result in lucrative, stimulating changes.

♓ Pisces | Feb. 19-March 20. Romance is in the air. If you widen your circle of friends, you will discover a unique way to develop partnerships.

♈ Aries | March 21-April 20. You have a vivid imagination. Don't get hung up on one project; dealing with a variety will help you complete so much more.

♉ Taurus | April 21-May 21. Be realistic. If you find yourself floundering, ask for help. Swallow your pride. Stubbornness will not get you where you need to be.

♊ Gemini | May 22-June 20. Take a peek at the possibilities that surround you. Creativity and romance are highlighted and should take top priority.

♋ Cancer | June 21-July 22. Someone will try to thwart your financial plans. Be aware of where and to whom your personal information is available.

♌ Leo | July 23-Aug. 22. Follow through with your plans. Don't feel that you have to explain yourself to people who don't share your vision. Be on guard.

EUGENIA LAST

Sudoku: Easy and hard

6	1	2					8	
7					9			
	4	9				7		6
		5	4	8		6		
2								1
		3		2	6	9		
9		1				4	2	
			3					7
	7					1	9	8

		7	5			8	6	1
		4			6			
			8			7		
		1		8		6		
8	7		1		3		4	5
		2		7		9		
		9			8			
			9			4		
2	6	5			7	1		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Reader OK, thanks to strangers

I was riding the M train this morning reading Metro when suddenly, I passed out. People around me were so kind to take me to a seat and they even called an ambulance for me. I really wanted thank everyone who happened to be there.

YUMI FUJISAWA, NEW YORK

Saddam helped West, not Russia

Re: 'Doing nothing will embolden the powers behind ISIS' (Metro, Sept. 15) We have to be grateful that letter writer Sean O'Rourke is not one of the shapers of our foreign policy. He states that the ISIS people "are the alumni of Saddam Hussein's Baath Party, who faithfully served the Soviet Union for years." For decades now, the overarching conflict in the Arab world has been the one between secular nationalists and fundamentalist Islamists. Saddam and the Baath Party were strictly secular nationalist. One of the first things Saddam did when he rose to power was order the execution of 3,000 communist sympathizers in 1978. Why? He wanted to ingratiate himself with the West.

PASQUALE G. TATO, VIA EMAIL

letters@metro.us

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Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

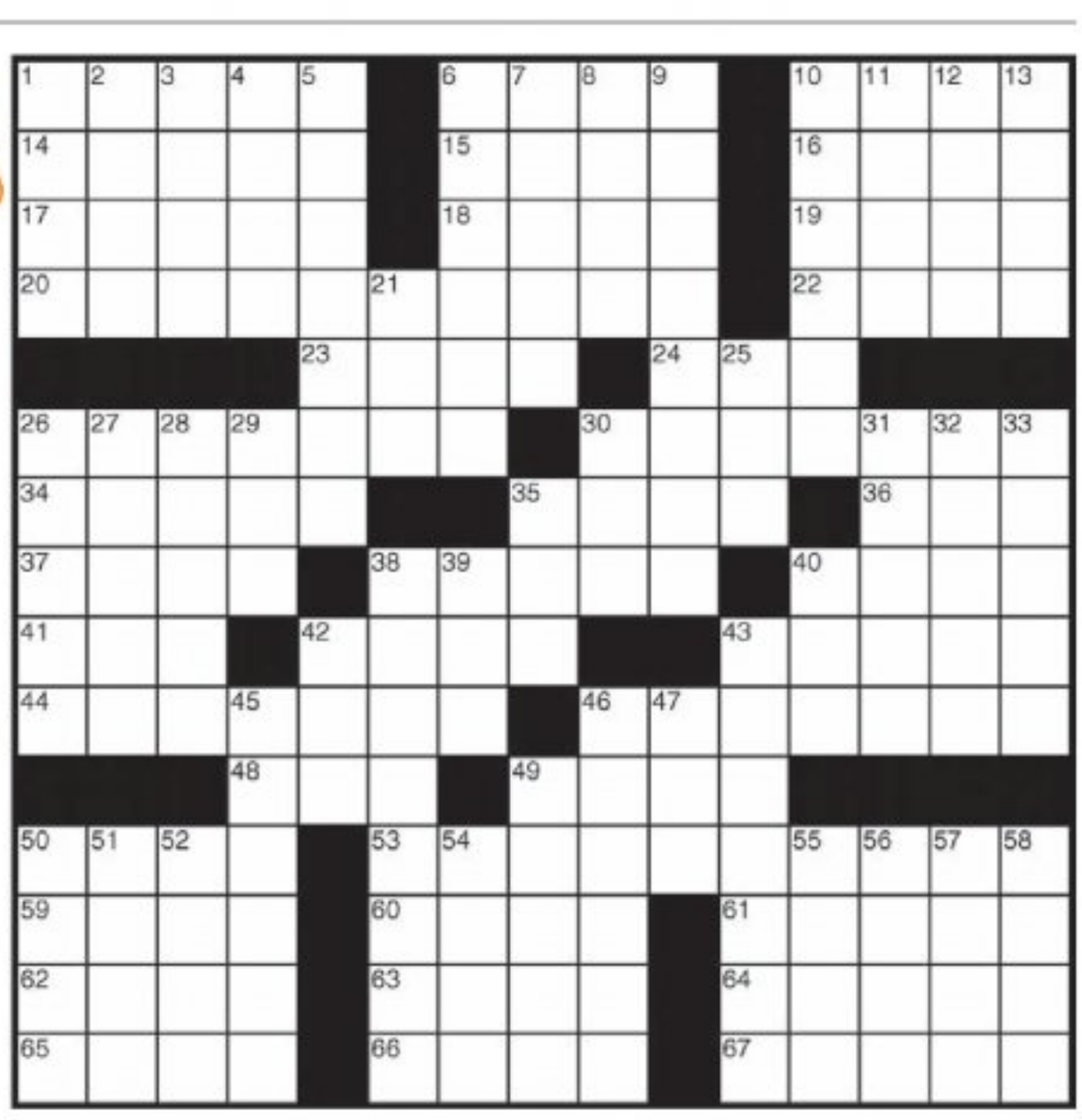
Across

1 Major oil hub
6 Say hoarsely
10 Cockamamie
14 — rings
15 Mishmash
16 A famous 500
17 Gossip tidbits
18 Covers
19 Omit
20 Solitude enjoyers (2 wds.)
22 Medieval club
23 "En garde" weapon
24 Potato st.
26 Left a mark
30 Giant pillar
34 Cod and Canaveral
35 Buyer's bonanza
36 1002, for Caesar
37 Archaeology find
38 Kind of strength
40 Fiberglass bundle
41 Annapolis org.
42 Subatomic particle
43 "Rumba King" Xavier
44 Charm
46 Merlin's methods
48 Bad, for Yves
49 Two-wheeler
50 Mounties
53 Completely opposite (2 wds.)
59 Jai —
60 Nights, in want ads
61 Off-limits
62 Happy rumble
63 Tidy
64 Dolphin habitat
65 Monsieur's pate
66 Baja Ms.
67 "I Am Woman" singer

Down

1 Hard labor
2 A law — itself
3 Encumbrance
4 Vague amount
5 Responds
6 Turned turtle
7 Still in play
8 Team
9 Within reach
10 Bleak
11 "Diana" singer
12 S&L protector
13 Variety
21 Unlatch, to a bard
25 Kiki or Joey
26 Cancel a launch
27 Bring about
28 Mocking
29 Toon Chihuahua
30 Nose-bag bit
31 Reflection
32 Raga instrument
33 Four-footed pal
35 Bask at the beach
38 These provide relief
39 Beluga delicacy
40 Tampa Bay pro
42 "Mamma — !"
43 Brahma, in Hinduism
45 Strike caller
46 Afternoon nap
47 Approves
49 Cote murmur
50 Enthralled
51 Hint
52 Trading center
54 Done with
55 Speed
56 Retired
57 Kind of rage
58 Cereal tiger

Yesterday's answer



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3 SPORTS

Papelbon silenced

Closer refuses to comment

Major League Baseball finally shut up outspoken closer Jonathan Papelbon. And all it took was a seven-game suspension and undisclosed fine for his "adjustment" toward the fans after Sunday's blown save against the Marlins. Papelbon was mum to the media after the ruling was made. "I would love to say something," Papelbon said, "but I can't."

PHILLY FANS FINALLY HAVE A TRUE WINNER

Chip Kelly is a winner. There are many subplots to the Eagles' 2-0 start so far, but that simple statement is the main theme. The coach is 12-6 in the NFL, after winning 46 of 53 in college. He wins.

Of course, the way he prevailed in that improbable 30-27 comeback against Indianapolis on Monday night is what fans are talking about — gushing over, really — right now, especially after all of the strange twists that led to the victory.

In the end, Kelly found a way to win by ignoring the philosophy of the previous administration — which also happens to be the most successful in Eagles history — and even his own basic principles. He took an undersized 31-year-old running back and blew right past the tired Colts.

Darren Sproles would never have been an Eagle if Andy Reid were still in charge because Reid and ex-president Joe Banner had a bias against players over 30, let alone aging running backs. However, when Kelly acquired Sproles last winter, the coach didn't see an old player; he saw a new opportunity.

Sproles accounted for 178 yards of offense catching passes and running the ball in Indy, and many of those big plays came when the Colts were gasping for breath in the final quarter, thanks to Kelly's exhausting offense. In the first two games this season, the Eagles have outscored opponents in the second half 58-10.

There's pure genius behind Kelly's fast-paced approach, and that's just the beginning of his brilliance. Remember when he said "big people beat up little people," last season? Well, what he never bothered to point out is that little people absolutely destroy tired people at the end of close games. Sproles is 5'6" — hard to see and even harder to catch.

Kelly has already demonstrated an uncanny knack for doing the unconventional, and making it work. For example, his third-and-15 run call that set up the tying touchdown late in the third period was the unlikeliest of decisions, until LeSean McCoy burst into the open for 21 yards and a game-changing first down.

And then there's the kicker Kelly has entrusted with the fortunes of his team. Cody Parkey is totally unproven, an undrafted free agent who didn't even join the club until the last few days of training camp. When Parkey's game-winner was nullified by a late timeout, Kelly pointed the rookie back onto the field and calmly told him to do it again.

There is no panic in Chip Kelly, nor in his teams. Nick Foles has been erratic at times, but not in big spots. The young quarterback delivered the throw of the game to Zach Ertz to set up the deciding field goal. Meanwhile, the defense has been unpredictable, too, but not when facing Andrew Luck in the final minutes on Monday. How many people expected the three-and-out that gave the Eagles the ball for that final drive?

Kelly saw it — just as he envisioned the huge comebacks in the first two games, the impact of Sproles, the big plays that Malcolm Jenkins is providing and the evolution of his team into a champion.

Kelly's Eagles gained over 400 yards for the 14th time. / GETTY IMAGES

Cataldi on Kelly

"What is happening with the Eagles right now is not complicated at all. Chip Kelly is winning. That's what he does. He wins."

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Idle thoughts

What else is eating at Angelo Cataldi this week?

- Jonathan Papelbon found a way to steal some attention from the Eagles over the weekend when he grabbed his crotch in retaliation to booing fans. For his efforts, Papelbon won a week's suspension without pay — and the answer to his prayers. He will be gone before next season. Bet on it.
- Other than that horrific elevator tape, the most appalling part of the Ray Rice mess has been the response in Baltimore, where many fans continue to embrace a thug. Hero-worshipping in sports is fine, on those rare occasions when the athlete is worthy of the adoration. Ray Rice deserves only our disgust.
- Claude Giroux actually voted for himself last week in an ESPN poll of the NHL's best player. The Flyers captain needs to look at the highlights of his putrid first two months of last season, and then he needs to deal with the painful truth. He is overrated — as a player and as a captain.
- Atlantic City is in trouble. Casinos are going bankrupt almost on a weekly basis. There is only one immediate way to help the former gambling mecca, and that's sports betting. If fans are going to wager illegally anyway, shouldn't their money be used to prop up a city desperate for help?
- LeSean McCoy said he was "making a statement" with his 20-cent tip on a $61 bill at a local Philadelphia restaurant last week. Yes, the Eagles' star running back most certainly was. He was stating that even great players can be pompous jerks.

GIROUX FINISHED THIRD IN HART TROPHY VOTES IN 2014. GETTY IMAGES

McCoy scored his 40th career touchdown Monday. / GETTY IMAGES

NFL. McCoy says comebacks are good, but have to stop soon

The only thing better than a huge comeback is winning wire-to-wire. LeSean McCoy and the Eagles are ready to start winning big.

"Every game isn't going to be great," McCoy said. "You can't always do everything right. There will be games when you need to come back. I think those are championship teams that will fight at the end so they win. We don't want that every game, but you need to have that fight in you to win some games." METRO

Getting defensive

Eagles defense is as dominant as offense

It's easy to give all the glory to the Eagles offense, which has outscored its opponents 58-10 in the second half of two wins this season.

But that opposing number wouldn't be as low as 10 points allowed without fantastic work from the Birds' defensive unit.

After being drawn offsides repeatedly by Andrew Luck and the Colts in the first half, the Eagles settled down and played with more discipline as the game progressed.

"They never quit," Eagles defensive coordinator Bill Davis said. "We shot ourselves. How many penalties did we have that gave them first downs? They never turned on each other, they never quit."

The Eagles held Luck to his third-fewest passing yards as a pro, just 172 yards. Malcom Jenkins had a key interception, his first as an Eagle, and Fletcher Cox forced his first fumble.

"He had a great game like he did last week," Davis said of Cox, who is putting together a breakout year in the trenches so far. "That's two in a row that's he's just dominated, we are happy to have him." METRO

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Darren Sproles had a career-high 152 yards receiving against the Colts on Monday. / GETTY IMAGES

Sproles is hard to find, hard to catch

NFL. Darren Sproles' career day shows what a good GM and coach can do with a fifth-round pick.

If someone told you that you could have two victories in the NFL in exchange for a fifth-round pick, you'd make the swap.

Well, no one told Eagles GM Howie Roseman and head coach Chip Kelly that Darren Sproles would score a game-changing touchdown in Week 1, and then score another one (while gaining a career-high 178 yards from scrimmage) in Week 2.

But you have to admit, the 31-year-old undersized tailback was certainly worth the price tag when he was acquired from the Saints this offseason.

"He's always found a way to make plays," Eagles running back LeSean McCoy said after Monday's 30-27 win. "On the ground, in the air or on special teams, he gives us a spark. Shoot, without Sproles we would be in some trouble. To be honest, we really would. That's why we're a team. When guys are struggling he's picking everyone up."

The Eagles have a two-headed monster behind Nick Foles now. With the Colts focusing on shutting down McCoy (he had 20 carries for 79 yards and a touchdown), the Birds can, almost clandestinely, work Sproles into the running game and the screen game.

Quoted

"I'm just glad he's here. When the game is in the balance and he gets the ball in his hands he always does something good with it."

Offensive coordinator Pat Shurmur

"I feel like I'm not playing to my level that I should be playing," McCoy continued. "[Monday] I had an average, above average game, but he came in and carried us again. It's good to have that. When you get that type of attention from the defense other guys are making plays and he's doing that."

It's a luxury most coaching staffs don't have, and one that Eagles offensive coordinator Pat Shurmur is keen to continue exploiting.

"It's an easy substitution," Shurmur said. "If McCoy gets winded we put in Darren."

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NFL. At 2-0, Eagles stars say they can play much better

How can you improve on a 2-0 start?

Just ask Chip Kelly, who agrees with assessments made by several Eagles stars like Nick Foles, LeSean McCoy and Jeremy Maclin.

"No one should be patting themselves on the back anywhere," Kelly said in his Tuesday media conference. "We're fortunate to be 2-0. We've done a great job of coming back in both games, but there is a lot of work in every aspect of the game that we need to work on. So that's the great thing about this group, they understand that."

The Eagles have already started preparing for the Redskins at home next Sunday. It will be their first NFC East game, their first time facing former leading receiver DeSean Jackson, and their first short week. Kelly and his staff hope the momentum continues.

"We've been game planning all day," Kelly said. "We've been in here since early [Tuesday] morning. We'll go out [Tuesday] afternoon. … It will be a walk-through because we had a game [on Monday], so it's a little different than a normal Tuesday training session. But our eyes are set on Washington and I expect our guys to be 100 percent focused on that."

EVAN MACY

Looking forward

With the Eagles already preparing for Week 3 against Washington, all eyes are on the return of DeSean Jackson. Even Chip Kelly's.

- "Yeah, we're excited," Kelly said. "They have a bunch of really good receivers with DeSean and Pierre Garcon and [Andre] Roberts, and [Ryan] Grant, the young kid out of Tulane is another good receiver. So it's going to be a big challenge for us."

What we learned in the Week 2 win …

1 McCoy, Sproles are a lethal combination

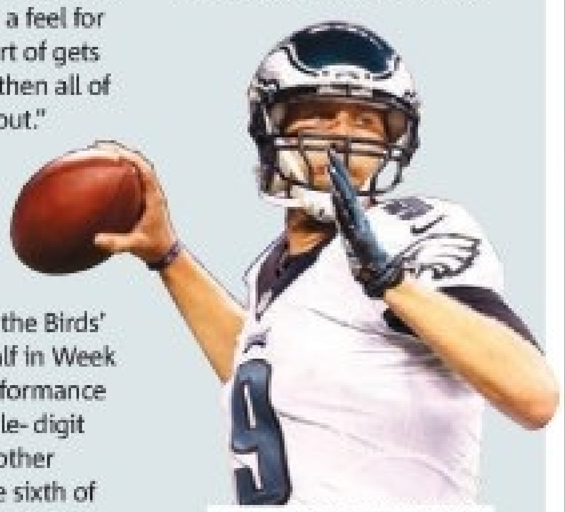
We saw the groundwork laid during the preseason and in Week 1 against the Jaguars, but in Week 2 against the Colts, the Eagles proved that it's pretty darn hard for a defense to cover LeSean McCoy and Darren Sproles together on the same backfield — or cover Sproles in the slot, or lined up at the tight end spot. The Eagles' screen game netted Sproles an incredible 152 yards in the air, with McCoy picking up 79 on a bad day (for him) on the ground. "He's always been a good screen runner, going back to his years with the Chargers," Eagles offensive coordinator Pat Shurmur said of Sproles. "He has a feel for it, he's quick, he sort of gets lost a little bit and then all of a sudden he pops out."

2 Foles is a true leader

Nick Foles seemed to bounce back pretty well in the Birds' 34-point second half in Week 1, but pair that performance with another double- digit comeback, and another 300-yard game (the sixth of his career), and you have to admit he looks like a franchise quarterback. So what if he has as many interceptions already (2) as he did in all of 2013 — turnovers will happen. The way he leads the offense and stays calm, cool and collected makes it pretty clear he knows how to lead men into battle.

3 The defense is good enough to win it all

The Eagles won't be winning a Super Bowl because of their defense. But they won't be losing out on getting there because of it, either. The Birds' defense held Andrew Luck in check, and though they didn't generate a single sack, they did create two key turnovers. The Eagles have the longest active takeaways streak in the NFL at 15 games, and if it continues, the Eagles should have no problem in the NFC East.



NICK FOLES THREW FOR 331 YARDS MONDAY NIGHT.

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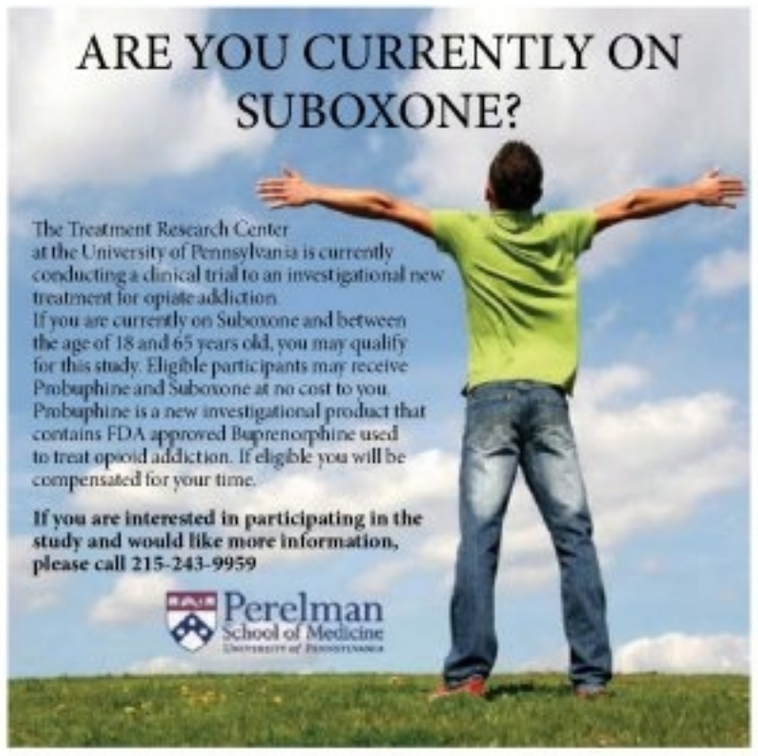

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SUBURBAN metro®

Newtown. Fire-eaters, jousters and merriment are at this year's Village Renaissance Faire on Saturday and Sunday. Or, take the weekend to cycle through some of Pennsylvania's most scenic landscapes as Pedaling Through Our National Parks takes you on a 60-mile bike ride. PAGES S2-S4

GET MEDIEVAL

Adamo Ignis plays with fire at the Village Renaissance Faire this year. / VILLAGE RENAISSANCE FAIRE

PLUS

Welcome

Suburban Metro

Dear readers: Metro Philadelphia is happy to introduce our new zoned section especially for our suburban loyalists. Stories, event listings and ads for local businesses will be featured every Thursday in this section. Have any questions, comments or advertising requests? You can reach out to jennifer.clark@metro.us.

Biking tips

Always be prepared

1 Don't be like the troops at Valley Forge: Make sure you have the right supplies on hand to enjoy Pedaling Through Our National Parks.

2 Besides lightweight clothing, a helmet is a must. Don't forget a water bottle. There will be drinks available during stops, as well as water filling stations.

3 Any bike, from road, trail, hybrid and even trikes or tandems, will do. If you have a nontraditional bike, just remember to give the organizers a heads up so they can accommodate the bike on the shuttle. Road riders, heads up: A portion of the trail is crushed stone.

Tighten that helmet; this bike ride is two days long. / WAVEBREAK MEDIA

See the sites

Valley Forge. This two-day, 60-mile bike ride takes you through three national parks.

We hear it all the time: We're surrounded by history in and around Philadelphia. With the birthplace of the nation in our own backyard, it's easy to become immune to how special our location is. So maybe it's time to see it in a different light.

Hop on your bike this weekend for Pedaling Through Our National Parks, a two-day, 60-mile ride that takes cyclists through three national parks and centuries of history.

Schuylkill River National and State Heritage Area sponsors the ride, which takes riders along the under-construction Schuylkill River Trail.

"You can get to national parks and historic sites right off the Schuylkill River Trail, and we want people to know that," says Kurt Zwikl, executive director of the Schuylkill River National and State Heritage Area. "Cycling is a sport that attracts people of all ages and ability, and the fact that our region is so rich in history and heritage, it's a good connection."

Pedaling Through Our National Parks kicks off Saturday morning, when cyclists and their bikes will meet at Hopewell Furnace National Historic Site for breakfast and a park tour. Then it's a 10-mile ride down to Schuylkill River Heritage Area headquarters in Pottstown for lunch before hopping back on the bike to pedal out to Valley Forge.

"We'll have a ranger-led tour of some of the huts in the park and a talk on the war on Valley Forge," Zwikl says.

The Schuylkill River Trail winds through gorgeous scenery, like this section in Manayunk. / PROVIDED

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on your bike

After clocking 30 miles on Saturday, cyclists and their bikes get a lift back to Hopewell Furnace. Sunday has another 30 miles in store, starting with breakfast at Valley Forge in the morning before hopping on the Schuylkill River Trail bound for Philadelphia. Lunch is at the Washington Rochambeau National Historic Trail, then cyclers will ride into Philly and meet at Independence National Historical Park for guided tours of Independence Hall and the Liberty Bell.

"It will be done rain or shine unless there's a hurricane. We encourage people to wear helmets and bring a water bottle. We'll supply drinks and water fill-ups at stops," Zwickl says.

Riders can come for both days ($100) or just one ($55), and Zwickl says no one should be turned off just because they're not ready for the Tour de France. "We're encouraging people of all ages and abilities. It's not a race, it's a ride. We have it spaced out in such a way that some people will pedal faster and get there first and others will trickle in," he says. "That's the way we want it. We want people to enjoy it."

LAUREN BURGOON
@MetroPhilly
letters@metro.us

If you go

Pedaling Through Our National Parks

Get a move on because registration closes Thursday. Register at www.schuylkillriver.org. The site also has an FAQ about the route, trail conditions and hotel info in Valley Forge to make a weekend out of it.

A trip to Valley Forge National Historical Park becomes more special when you pedal in on a bike. / PROVIDED

We are proud to announce that
Michael P. Duncan, M.D. and Mark F. Kurd, M.D.
have joined Rothman Institute.

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Spotlight

VILLAGE RENAISSANCE FAIRE

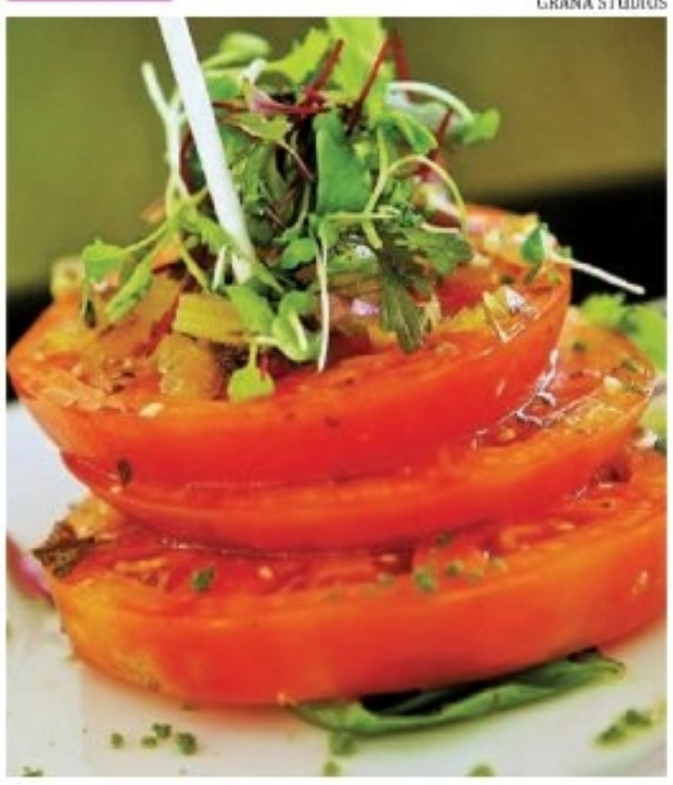
Village Renaissance Faire

Saturday-Sunday, 11 a.m.-6 p.m.; $5; Middletown Grange Fairgrounds 557 Penns Park Rd., Newtown; www.villagefaire.org

Good morrow, gentlefolk of Pennsylvania. Pray you attend the 15th annual Village Renaissance Faire, where you can step back in time by centuries to meet the knights, jousters and jesters ready to entertain and educate. Dost thou fancy fire breathers, hot-coal walkers and even dragons? It's all at the faire.

Spotlight

GRANA STUDIOS



The Art of Preservation: A Farm to Table Dinner Party

Saturday, 4 p.m. to 8 p.m.; $125; Kirkland Farm, 2510 Old Bethlehem Rd., Springtown; 215-345-7020 ext. 108 www.heritageconservancy.org

An evening of elegance has a homegrown feeling at this farm to table dinner party. Sit down to cocktails and 12 locally sourced dishes to help preserve farmland in Upper Bucks County. All of the locally produced food is provided by Jamie Hollander Gourmet Foods and Catering.

Around town

Malvern Stroll

Thursday, 5 p.m. to 8 p.m.; King Street, Malvern; www.facebook.com/malvernstroll

King Street merchants will keep their doors open with extended hours and sales on the Third Thursday Malvern Stroll. More than 20 shops have goodies on sale for strollers. With fall in the air, when it gets nippy, head into a number of local restaurants for dining deals.

Outdoor Movie Night

Thursday, 8:30 p.m. 114 South Olive St., Media www.visitmediapa.com

Think outdoor movie nights are only for the summer months? Inconceivable! Come watch "The Princess Bride" under the stars. It's getting chillier at night, so bring your jacket and a blanket, but trust that Wesley and Buttercup's burning love will warm you up.

Plantation Field International Horse Trials

Friday-Sunday, 9 a.m.-4 p.m. $20/carload; Plantation Field, 387 N. Green Valley Rd. Coatesville; 484-883-2917, www.plantationfieldhorsetrials.com

With more than 285 top-ranked riders, check out the 7th annual horse trials at Plantation Field amid a can't-be-beat setting. Besides the trials, don't miss the Sunday tailgate, rock climbing, mechanical bull, face painting and much more. The admission price is per carload per day.

Lend Me a Tenor

Opens Friday, 8 p.m.; $8-$15 The Players Club of Swarthmore 614 Fairview Rd., Swarthmore 610-328-4271, www.pcstheater.org

It's 1934 in Cleveland, Ohio, and desperate times for the Cleveland Grand Opera Company. Just a single performance by Tito Merelli, a world-renowned tenor, can save the opera house from ruin. But after Tito passes out from an extra-heavy dose of tranquilizers, the tightly wound opera director thinks he's dead and puts a madcap alternate plan into place. Performances run until Oct. 4.

LAURA BURGOON

Spotlight

CAMPLI PHOTOGRAPHY

Justice4PAKids Motorcycle Ride Against Child Abuse

Saturday, 11 a.m.-1 p.m.; $25; Office Bar and Grille 1021 N. Morehall Rd., Malvern; www.justice4pakids.org

Take a stand against child sexual abuse with a beautiful fundraising motorcycle ride through Chester County. Proceeds support Justice4PAKids' work to protect children and raise awareness of abuse. Post-ride, chow down at the after-party at Office Bar and Grille, where a portion of the bill goes to Justice4PAKids.